

WINNIPEG

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TASTY #%\$^ING
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WITH THIS BADA- (AND
EXPLETIVE-LACED) RECIPE **PAGE 16****"I'm just not
into you
anymore."****RALLY FOR RIGHT TO DIE**

Supporters rally outside the Supreme Court of Canada on the first day of hearings Wednesday into whether Canadians have the right to seek help to end their own lives. In 2013, Winnipegger Susan Griffiths made headlines when she went public with her story in the hope that Canada may change its laws. Griffiths died peacefully in 2013 in Switzerland. More coverage on page 7. ADRIAN WYLD/THE CANADIAN PRESS

**Justice ministers
to push feds on
legal-aid funding**

'It's frustrating.'
Government should
continue programs
that are working, says
Andrew Swan

Manitoba's justice minister says the federal Conservative government is not living up to its "law-and-order" image by supporting provinces where it counts.

Andrew Swan and other justice ministers are meeting with their federal counterparts in Banff this week.

Much of the agenda is to be dominated by requests of Ottawa to fully fund legal aid and to not cut dollars to drug treatment court and band constables, Swan said.

"One of the frustrations is we keep having to come to

meetings, using up time asking the federal government to support or continue supporting things that we know are working," Swan said in an interview Wednesday.

"We're trying to be a good partner, but it's frustrating when so much of our time has to be taken up simply fighting to hold on to things that should be very clear to the federal government."

Swan pointed to legal aid, saying that in the last eight years, Ottawa has contributed less and less to the program which subsidizes legal services for those in need.

Ottawa used to split the cost of the program 50-50 but now only chips in about 16 per cent, Swan said. Since 2003, there has been no new federal funding to the program, leaving it to provinces to make up the difference.

"It's not a frill," Swan said.

"It's something that must be provided."

Manitoba is also concerned about the fate of two other programs that rely on federal funding.

Winnipeg's drug treatment court, one of six across the country that helps turn lives around through supervised drug rehab, is in danger of shutting down unless Ottawa comes up with long-term cash, but Swan said the Conservative government hasn't committed to a funding extension.

Swan is also hoping to convince Public Safety Minister Steven Blaney to continue funding the band constable program which funds peace officers on 31 Manitoba First Nations. The program's funding runs out March 31 and Swan said Blaney has rejected any extension.

THE CANADIAN PRESS

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Brian Bowman unveils plan for first 100 days

'Activist agenda.'

Among top priorities is hiring new CAO for city

Saying he's "ready to hit the ground running" if elected mayor next week, Brian Bowman laid out a plan for his first 100 days in office on Wednesday.

"This 100-day plan clearly outlines my priorities for our city and it's something that I want the citizens to hold me to in the event I am elected," he said.

First out of the gate in November is restarting the process for hiring a new CAO, which Bowman said is vital to his commitment to create "a city hall that works."

He'd also meet with the premier, introduce a motion to reduce salaries for the mayor and Executive Policy Committee, conduct a review of senior administrative positions, and meet with department heads about finding two per cent sav-

ings in their budgets.

In December he'd hold a "mandatory" review of the OurWinnipeg planning document for council and staff, and talk with post-secondary institutions about establishing a research chair for infrastructure.

January would see a number of motions coming to council, such as creating an office of public engagement, reducing councillor expense accounts, and adopting the United Way's Homelessness Reduction Strategy.

"It is a very activist agenda, but I'm interested in really making some changes," he said. "It will be a great challenge to push as much of this agenda forward as possible."

However, there's one item not in Bowman's plan that would take precedence over anything else.

"The very first thing I'd do is hang up a Jets and Bombers jersey in my office," he said with a laugh.

COLIN FAST/FOR METRO



Brian Bowman outlines his 100 day plan near city hall on Wednesday. COLIN FAST/FOR METRO

Sanders pledges \$750M to revitalize inner city



David Sanders SHANE GIBSON/METRO

If elected Winnipeg's next mayor, David Sanders says he'll work to cut a deal between the city, the province and the federal government to bring \$750 million in revitalization funding to the inner-city.

At a news conference Wednesday, Sanders said the money would come in the form of a five-year agree-

ment, similar to the Winnipeg Core Area Initiative Agreement that he helped negotiate in 1981. It saw each government bring one-third of the initial \$99 million budget.

"Whatever the three governments may want to call it now, I believe that the Winnipeg community is ready to participate in the develop-

ment of an integrated and cooperative approach to meeting our greatest challenges — the reduction of poverty, the provision of affordable housing, and the efficient delivery of basic municipal services," he said.

"For the right reasons, I believe it is not unreasonable to suggest that we seek to commit \$750 million over

five years, for collaborative projects and services which serve our community's priorities."

Sanders said he'd sit down with the premier, the minister responsible for Winnipeg affairs and the regional federal minister "as quickly as possible" if elected mayor to begin negotiating the agreement. SHANE GIBSON/METRO



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Torrential rain. Province still assessing damage caused by summer flood

It's been three months since Manitoba called in the military to fight floodwater coming from the west, but the province still doesn't know how much that flood cost.

Agriculture Minister Ron Kostyshyn says they are still assessing the damage caused to Manitoba farmers who bore the brunt of the flood.

Some have estimated the flood will end up costing Prairie farmers up to \$1 billion in lost revenue.

Kostyshyn says about 405,000 hectares of land is eligible for crop insurance because of excess moisture.

But he says it will take some time to figure out exactly what toll the flood took.

Torrential rain in Saskatchewan and Manitoba at the beginning of July caused widespread, overland flooding in rural areas.

Manitoba declared a state of emergency and called in the military to help shore up flood defences as floodwater made its way from Saskatchewan. While



Military personnel from Shilo work to fill and load sandbags in Portage La Prairie on July 5. THE CANADIAN PRESS

urban centres were largely left unscathed, the floodwater turned fields into lakes.

The Saskatchewan government estimates the flood cost the province at least \$150 million. Manitoba's NDP government hasn't hazarded a figure.

"I think it would only be fair to give the media a true dollar figure once we have all the assessment done, whether it's from the livestock sector or the crop side," Kostyshyn said Tuesday. THE CANADIAN PRESS

Museum

Murray leaving CEO role at CMHR

The Canadian Museum for Humans Rights is saying goodbye to its first president and CEO.

The museum's board of trustees announced Wednesday Stuart Murray's last day will be Nov. 1, just a day shy of his fifth anniversary at the job.

A release from the museum said the CMHR board of trustees has begun the process of finding Murray's successor. METRO

Sentencing hearing

Fontaine lost her way after father's death, court told

A Winnipeg courtroom is hearing more details about the downward spiral of a 15-year-old girl whose body was pulled from the Red River in August.

A sentencing hearing for two men who killed Tina Fontaine's father, Eugene, has been told the teen lost her way after Eugene was beaten to death in October 2011. THE CANADIAN PRESS

Police go door-to-door in crime prevention gambit

Transcona. Residents informed on how to make property less attractive to criminals



SHANE GIBSON

shane.gibson@metronews.ca

Winnipeg police and cadets hit the streets of Transcona Wednesday, going door-to-door to talk to residents about what they can do to prevent crime in their neighbourhood.

The initiative is part of an ongoing effort started earlier this year aiming to open dialogue between police and Winnipeggers, and has nothing to do with a specific spike in crime in the area, according to police spokeswoman Det. Sgt. Natalie Aiken.

"It's not that we've seen an increase risk of crimes in that area — that's not the case at all — it's more of a proactive approach," she explained.

"We know that people want to speak to police ... but ultimately sometimes those people aren't willing to either attend to a station ... or maybe they believe the information isn't necessarily important enough to report."

The one-day blitz in Transcona Wednesday is similar to door-to-door canvassing done by police in the River Heights and Elmwood areas in May and June.

During the campaign, officers hand out pamphlets about crime prevention, speak to homeowners about



Police spokeswoman Det. Sgt. Natalie Aiken speaks to media Wednesday about a one-day door-to-door campaign in Transcona aimed at preventing property crime. SHANE GIBSON/METRO

their concerns in the area, and give tips about making properties less attractive to criminals.

"We're trying to engage with these citizens to provide them with any information that we can with respect to protecting their properties and vehicles," said Aiken.

"Predominantly we're

trying to reduce the risk of property crimes."

Aiken said police are planning similar campaigns in other city neighbourhoods in the future, but added they may not start until the weather warms up again.

Follow Shane Gibson on Twitter @tsgibson



Safety expo

Winnipeg police are holding a safety expo Friday from 11 a.m. to 7 p.m. at Portage Place Shopping Centre.

- The event will include appearances from the canine unit and the bomb squad.

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Election Roundup: Assiniboia

Metro Winnipeg is providing an overview of the council races, with today's edition looking at the three wards that make up the Assiniboia Community District: Charleswood-Tuxedo, St. Charles and St. James-Brooklands. Visit metronews.ca/tag/winnipeg-civic-election-2014 for all of our election coverage

BERNICE PONTANILLA
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Kevin Nichols SHANE GIBSON/METRO

Charleswood-Tuxedo

Candidates: Evan Duncan, Marty Morantz, Nadine Stiller, Luc Lewandoski, Kevin Nichols

In 2010, a mere 56 votes separated the winner Paula Havixbeck and her runner-up in the Charleswood-Tuxedo ward. Candidates are expecting the same this time around, although there are only five, compared to seven contenders four years ago.

Two putting their names forward, Luc Lewandoski and Marty Morantz, have ties to the Tories, and, along with Kevin Nichols and Evan Duncan, share concerns about rising taxes.

Nadine Stiller, meanwhile, believes the most important issue for the next council will be dealing with Winnipeg's infrastructure deficit, which is estimated to be several billion dollars. "Sound fiscal management including establishing longer term budgeting and capital planning cycles is essential," she said, adding that her experience working as a federal government executive would be an asset to the job of councillor.

Duncan, who with his wife welcomed their first child — a baby girl — this past Saturday, said residents want accountability from their elected representative, in the style of former Coun. Bill Clement, who passed away in 2010.

"He was very involved in the community, he was the type of guy that if you called him, he's going to show up at your house," said Duncan, who received the support of Clement's widow.

Nichols, who has worked for the city for the past 28 years, said along with infrastructure, he's getting a lot of questions about \$590-million second phase of rapid transit.

"I believe that we should put more buses on the roads and make it more efficient first before we start looking at rapid transit," he said.

Lewandoski, a certified customs specialist who spent the past year working as Coun. Jeff Browaty's executive assistant, said many residents worry about a lack of options to staying in their neighbourhoods when they decide to downsize out of their homes.

"A lot of the issues that are facing the city right now, these are issues like BRT, budgeting, real estate planning, these are issues that I've been thinking about for 10 years, not just the last 10 months of the campaign," he added.

Morantz said he sees becoming city councillor as a way to give back to the community. "In this election it is critical that we elect serious, dedicated and experienced people to find solutions to these problems," said the president of Jernat Investments.



Geoff Borden (seated at right) SHANE GIBSON/METRO

St. Charles

Candidates: Grant Nordman (incumbent), Don Woodstock, Dwight Hildebrandt, Geoff Borden, Shawn Dobson, Eric Holland

Will an abundance of candidates hurt or help the incumbent in St. Charles? That question will be answered on Oct. 22, as Grant Nordman faces challengers Don Woodstock, Dwight Hildebrandt, Geoff Borden, Shawn Dobson and Eric Holland for his council seat.

Holland, Borden and Woodstock all took aim at Nordman, saying many residents aren't happy with how he's represented the ward.

"Mr. Nordman's absolute unwillingness to support an audit or Manitoba Justice review of what went so wrong with construction of the (police headquarters) is what many have referred to as 'shameful,'" said Holland, adding his 28 years working for the province shows he has what's needed at city hall.

Borden said he's focused on getting his message out to voters, who won't just be electing him "to fix the problems faces by the city right now, but to face the challenges that still lay ahead."

"I'll be the best councillor not because I have all the answers, but because I'll be the best at finding them," he added.

Woodstock, a transit bus operator, points to his advocating for the environment (e.g. lobbying for larger recycling bins), as well as for childcare and street safety as reasons voters should support him. "Having the ability and perseverance to stand up for these issues makes me the best person for the job," he said, adding that he's heard complaints about poor snow clearing.

Nordman said he has been listening to his constituents and has acted on their behalf, especially when it comes to infrastructure issues.

"As councillor, I have more than tripled the local road repair budget and there are more road repairs currently planned and underway in St. Charles ward than at any other point in history," he said, adding that voters have a choice "between the negative, cynical, uninformed viewpoint put forward by my opponents, or my positive vision for Winnipeg's future and proven track record of results."

By way of showing how the St. Charles campaign is heating up, candidate Hildebrandt issued a press release Wednesday stating his election signs are being purposely damaged.

"With the recent vandalism of campaign signs it is very clear that Winnipeg is ready for change, but the only true diplomatic and responsible way to voice a concern is to turn out on election day and cast a ballot," Hildebrandt, who works as a manager of business development, said.



Stefan Jonasson SHANE GIBSON/METRO

St. James-Brooklands

Candidates: Bryan Metcalfe, Stefan Jonasson, Scott Gillingham, Fred Morris

After mulling a run for mayor, two-term ward councillor Scott Fielding instead chose to make the jump to provincial politics, leaving a wide-open race.

The four candidates in the mix this year include Fred Morris, who ran against Fielding in 2010; Bryan Metcalfe, executive director of the St. James BIZ; Stefan Jonasson, an ordained Unitarian Minister that has written about the area's history; and Scott Gillingham, also an ordained minister who received Fielding's endorsement.

All four candidates cited restoring integrity at city hall as a major concern on the campaign trail, with residents saying they want "an end to backroom deals," added Jonasson.

"People are telling me they've lost confidence in city hall," said Jonasson, who has the support of the Winnipeg Labour Council and believes this race is shaping up to be a very competitive one. "What sets me apart is that I am the only progressive candidate in this ward and I am committed to putting services to people before tax cuts."

Gillingham, who also received the backing of the United Fire Fighters of Winnipeg, said residents would like to see city council "prioritize strategic investment in infrastructure."

"Many of the roads, sidewalks and back lanes are in need of repairs," he said.

"At the door, people welcome this commitment. The taxpayers of the ward expect and deserve to know how their tax dollars are being invested and spent."

Metcalfe, who believes his accounting and finance university education sets him apart, said voters in his ward are concerned about possible tax hikes and prefer "better fiscal management to reduce or eliminate the need for any tax increase."

Metcalfe would also like to see the elimination of "perceived party politics."

Morris highlighted his involvement on many local issues, such as the winter opening of Eldon Ross Pool, the cleanup of 2093 Portage Ave., and safety issues at Ness Avenue and Mount Royal.

He said his canvassing has revealed that many residents are fed up with broken and unplowed sidewalks, and the mess around Polo Park due to the demolition of the stadium and retail redevelopment.

"In our ward, all the candidates live in the far west part," he added, then predicted "the person who wins the Brooklands-Weston area will win the election."



Nepalese soldiers prepare to airlift an injured trekker in the Thorong La pass area of Nepal Wednesday. Four foreign trekkers caught in a blizzard died Tuesday while 14 others were rescued. COURTESY NEPALESE ARMY/THE ASSOCIATED PRESS

Four Canadians die in Himalayas

Nepalese avalanche, blizzard kill 12. Death toll expected to rise as rescuers struggle to reach dozens of stranded trekkers

An avalanche and a blizzard in Nepal's mountainous north have killed at least 12 people, including four Canadians, officials say.

Montreal-based travel agency Terra Ultima said three Quebecers — two women in their 50s and one in her 30s — are among those missing and feared dead. Co-founder Julien Passerini said six Quebecers, includ-

Cyclone blamed

- The rain and snow that triggered the deadly avalanches and blizzard in Nepal were caused by a cyclone that hit neighbouring India days ago.
- October is the most popular trekking season in Nepal, with thousands of foreigners hiking around Nepal's Himalayan mountains.

ing a guide who is among the missing, had left Canada on Oct. 3 for three weeks.

A company called Panorama Himalaya confirmed the deaths of three Canadian

clients in an avalanche and said it had rescued three other Canadians. A company called Nepal Hidden Treks confirmed the death of a fourth Canadian woman.

In the neighbouring Mustang district, four trekkers caught in a blizzard died Tuesday. Rescuers recovered the bodies of the two Poles, one Israeli and one Nepali trekker from the Thorong La pass area. A government official said 14 foreigners have been rescued so far, and two army helicopters were picking up injured trekkers.

Five climbers — two from Slovakia and three Nepalese guides — were hit by a separate avalanche on Mount Dhaulagiri and remain missing. **THE ASSOCIATED PRESS**

Four kids injured in Kashmir cross-border firing: Pakistan

Indian forces fired into the Pakistan-administered portion of the disputed Himalayan region of Kashmir, wounding four children Tuesday night, Pakistan's military said Wednesday, a sign of increasing tensions between the two nuclear-armed rivals.

Indian army officials confirmed the incident but blamed Pakistan for initiating the fire, saying the Pakistan army fired small arms and mortar shells at Indian positions late Tuesday.

A senior official in Indian-

controlled Kashmir said Pakistani fire wounded one civilian Tuesday.

Angered over the clashes, about 200 Kashmiri activists staged a sit-in Wednesday about 500 metres from the Line of Control at Chakoti sector in Pakistan-administered Kashmir, asking India to stop the firing. They also urged India to allow them to send supplies for those affected by recent floods in Indian-controlled Kashmir that killed 200 people.

THE ASSOCIATED PRESS



A Kashmiri woman sits near a burning tire during a protest Wednesday by people affected by floods in Srinagar. **THE ASSOCIATED PRESS**

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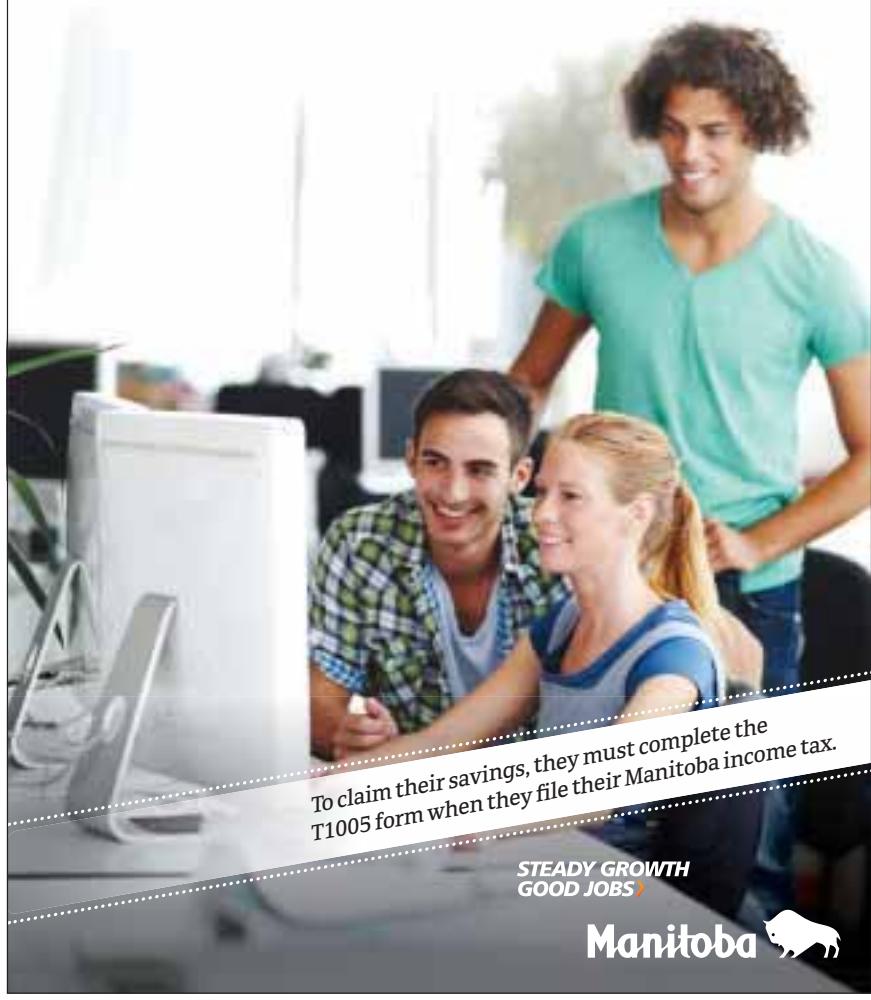
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Manitoba

Official says Ebola nurse should never have flown

Passengers contacted.

U.S. federal health agency says health-care worker flew from Texas to Ohio before testing positive for the disease

A top federal health official said Wednesday that a Texas nurse exposed to the Ebola virus should never have taken a flight from Cleveland to the Dallas area. She has now been diagnosed with Ebola and officials are now contacting other passengers on the plane.

"The level of risk to people around her would be extremely low," said Dr. Tom Frieden, director of the Centers for Disease Control and Prevention.

The worker is the second to be infected after treating a Liberian man who died of Ebola last week.

Frieden says the health-care worker travelled to Ohio before she knew that the first nurse had been diagnosed. The unidentified nurse flew to Cleveland on Friday, the same day a colleague, nurse Nina Pham, was hospitalized. Pham's diagnosis with Ebola was disclosed on Sunday.

The second nurse returned to Texas on Monday on Frontier Airlines Flight 1143 from Cleveland to Dallas-Fort Worth with 132 other passengers, according to the CDC.

The airplane's crew said she had no symptoms of Ebola during her return flight on Monday. But Tuesday morning she developed



A Frontier Airlines employee wears gloves as she directs passengers where to go at Cleveland Hopkins International Airport Wednesday in Cleveland. Ohio health officials aren't sure how many people came into contact with a Texas nurse as she visited family in the Akron area days before being diagnosed with Ebola in Dallas. The Ohio Department of Health says she visited family from Oct. 8-13 and flew Monday from Cleveland to Dallas. TONY DEJAK/THE ASSOCIATED PRESS

a fever and on Tuesday night tested positive for Ebola.

Infected Ebola patients are not considered contagious until they have symptoms. But the CDC is asking passengers on Monday's flight to call the health agency so they can be monitored.

The flight landed in Dallas at 8:16 p.m. Monday,

stayed there overnight, and underwent a thorough cleaning before returning to service the next day. The cleaning was consistent with CDC guidelines, according to a Frontier Airlines statement released by CDC officials.

The health worker's flight to Cleveland last week happened far enough in ad-

vance of her symptoms that the CDC sees no need to contact passengers on that earlier flight, said Barbara Reynolds, a CDC spokeswoman.

Health officials did not immediately release the reason for her trip or where she visited in the Cleveland area. The CDC notified the airline Wednesday morning.

THE ASSOCIATED PRESS



Nursing student Mathew Jacob participates in a refresher course on personal protective equipment at the Brookhaven College School of Nursing in Farmers Branch, Texas, on Tuesday. ANDY JACOBSON/DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Dallas. Nurses treating Ebola patient complain of dangerous conditions

A Liberian Ebola patient was left in an open area of a Dallas emergency room for hours, and the nurses treating him worked for days without proper protective gear and faced constantly changing protocols, according to a statement released late Tuesday by the largest U.S. nurses' union.

Nurses were forced to use medical tape to secure openings in their flimsy garments, worried that their necks and heads were exposed as they cared for a patient with explosive diarrhea and projectile vomiting, said Deborah Burger of National Nurses United.

Burger convened a confer-

ence call with reporters to relay what she said were concerns raised by nurses at Texas Health Presbyterian Hospital, where Thomas Eric Duncan — the first person to be diagnosed with Ebola in the U.S. — died last week.

Duncan died Oct. 8, and the hospital said Sunday that one of his nurses had tested positive for Ebola. She is hospitalized and was listed Tuesday in good condition. On Wednesday, Texas health officials announced that a preliminary test indicated a second, unidentified health care worker at the hospital had been infected with the disease. THE ASSOCIATED PRESS

Pennsylvania

High school soccer coaches resign over Ebola taunts

Two Pennsylvania high school soccer coaches have resigned after their players hurled Ebola taunts at an opponent from West Africa.

Northampton Area Supt. Joseph Kovalchik says the coaches resigned Tuesday. He says he met with the team

Wednesday and will discipline students who violated the school's anti-discrimination policy.

Authorities say the comments came during a game last week against rival Nazareth Area High School.

Fountain Hill Police Chief Edward Bachert is the Nazareth player's legal guardian. He says the 16-year-old is from Guinea, and worries about his parents given the Ebola outbreak there.

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Sarkeesian critical of school's relaxed safety measures

Gun violence.

Canadian blogger got mass shooting threats, but Utah State refused to prevent people from carrying guns into her lecture

Canadian feminist and media critic Anita Sarkeesian has been forced to cancel a lecture in Utah after an anonymous threat promised a "Montreal Massacre-style attack" if the event went forward.

Sarkeesian — whose Feminist Frequency blog critiques how women are portrayed in popular culture and video games — was set to speak at Utah State University Wednesday evening.

However, school officials received a threatening email Monday, vowing to carry out a mass shooting unless the lecture was cancelled.

According to the Standard Examiner in Ogden,



Anita Sarkeesian CONTRIBUTED



People protest on the campus of Utah State on Wednesday in Logan, Utah. The state's gun laws are in the spotlight after feminist speaker Anita Sarkeesian cancelled a speech at the university once she learned the school would allow students to carry concealed firearms despite an anonymous threat against her. RICK BOWMER/THE ASSOCIATED PRESS

Utah, the threats directly referenced the 1989 shooting at Montreal's École Polytechnique. In that incident, 25-year-old Marc Lépine announced he was "fighting feminism" before murdering 14 women at the school.

The author of the email referred to Sarkeesian as "a craven little whore" and boasted about possessing "a semi-automatic rifle, multiple pistols, and a collection of pipe bombs."

The university had vowed to increase security

at the event, but Sarkeesian cancelled after learning the audience would be allowed to carry concealed firearms in accordance with state law.

"It's sort of mind-boggling to me that they couldn't take efforts to make sure there were no guns in an auditorium that was threatened with guns and a mass shooting," Sarkeesian said. "I don't understand how they could be so cut-and-dried about it."

LUKE SIMCOE/METRO ONLINE WITH FILES FROM THE ASSOCIATED PRESS

Dying with dignity. Supreme Court 'right to die' debate analyzes charter

The so-called "right to die" was back on Canada's conscience Wednesday as the Supreme Court confronted the question of whether a ban on assisted suicide protects or violates the basic rights of Canadians.

Those arguing for a change in the law say public opinion has shifted dramatically in the more than 20 years since Sue Rodriguez became a household name by taking her fight for a medically assisted death to the top court.

Wednesday's proceedings made it clear the issue remains as divisive as ever for medical practitioners, religious groups, and advocates for the rights of the disabled.

Two groups representing Canadians with disabilities appeared before the court, arguing opposite sides of the case.

The justices are considering whether the ban violates the Charter of Rights and Freedoms, in part because while able-bodied Can-

adians can take their own lives, someone physically incapable of doing so would need help — and the helper would face legal repercussions.

The Supreme Court hearings hold particular interest for friends and family of the late assisted suicide advocate Susan Griffiths of Winnipeg. Griffiths died peacefully last year in Switzerland at 72, after a two-year battle with Multiple System Atrophy.

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When will Canada get HBO stand-alone streaming service?

Not for a while.

The service is likely a no-go in Canada, at least until licences with Corus and Bell expire in 2018

HBO's plans to launch a stand-alone streaming service in the United States — that will let viewers sidestep their cable company to watch popular shows like Game of Thrones and True Detective — may signal a huge setback for the Canadian companies that currently carry the programs.

While the service won't be available in Canada immediately, it demonstrates the U.S. company is prepared to follow a growing number of viewers who are cancelling their cable in favour of services such as Netflix.



Emilia Clarke in Game of Thrones. HBO will offer a stand-alone version of its video-streaming service in the U.S. in 2015. HBO/THE ASSOCIATED PRESS FILE

Canadian habits

A growing number of viewers have been turning off their cable boxes and choosing to stream content from the Internet.

- The CRTC issued a report earlier this year that found more than 40 per cent of Canadians said they watched TV over the Internet in 2013, while about 45 per cent of Americans stream TV, according to research firm eMarketer.

But it'll still take several years because new HBO programming is under an exclusive licence in Canada to Corus Entertainment and Bell Media until 2018, McReynolds says.

THE CANADIAN PRESS



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A new record-breaking view in Dubai

The world's tallest tower, Burj Khalifa, is seen in the background as children play next to a mosque in Dubai, United Arab Emirates, in 2011. Visitors to the Burj Khalifa can now get an even more elevated view of the Middle Eastern city. The owner of the 828-metre-tall skyscraper says that starting on Wednesday, visitors can pay to ride up to a new observation deck on the 148th floor. That is 555 metres above street level, making it the world's highest observation deck, according to Guinness World Records. To get there, visitors have to change elevators on level 125. Earlier, tourists could only go to a still-operational observation deck on the 124th floor. Nearly 1.9 million visitors did so last year. KAMRAN JEBREILI/THE ASSOCIATED PRESS FILE

Hit by bird flu

Chicken company gets into gaming

A hot spot in London, Ont.'s gaming sector has been sold to the subsidiary of a Chinese company that specializes in trading and producing chicken meat.

Multi Dynamic Games Group and Perfect Online Holding combined to buy 61 per cent of Digital Extremes. The purchase has come, in part, due to the "lingering effects" of bird flu on Multi Dynamic, which is a branch of Sumpro Foods, a business focused on chicken.

METRO IN LONDON, ONT.

Sticking it to rival?

Google releases Nexus 9 ahead of Apple's new iPad

Google has unveiled its latest tablet in an apparent effort to upstage Apple's anticipated update of its trend-setting iPad.

The Nexus 9 tablet announced Wednesday will compete against a new version of the iPad Air that Apple Inc. is expected to unveil at a Thursday event.

THE ASSOCIATED PRESS

Sparks tiff. U.S. governor wants French, Irish to butt out of cigarette packaging

In a trans-Atlantic debate over cigarette packaging, North Carolina's governor poses a rhetorical question to the Irish and French governments: Would Guinness be recognizable labeled simply as "beer"? Or would champagne sell as well in a bottle lacking its distinctive curves?

Gov. Pat McCrory has written letters to French and Irish officials decrying proposals in those countries to force manufacturers to package their cigarettes in plain containers. McCrory argues farmers and manufacturers in the top U.S. tobacco-producing state would be hurt by the proposals to remove brand logos and colours from cigarette boxes.

"Plain packaging laws are a direct assault on intellectual property and trademarks," he says in the Oct. 6 letter to Gerard Araud, France's ambassador to the U.S.

He wrote a similar letter to Irish officials. In both letters, he compares North Carolina's tobacco industry to Ireland and France's famed vineyards, breweries and distilleries.

"Imagine if the United States required Guinness to be stripped of its universally recognized brand and be marketed solely as 'beer' or Jameson to be labeled simply as 'whiskey' and Baileys as 'liqueur,'" he wrote in the Sept. 10 letter to Ireland's ambassador to the U.S., Anne Anderson. THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.83¢
(+0.38¢)



TSX
13,869.88 (-166.80)

OIL
\$81.78 US (-\$0.06)

Natural gas: \$3.81 US (-\$0.03)
Dow Jones: 16,141.74 (-173.45)



GOLD
\$1,244.80 US (+\$10.50)

CYBERSAFETY: TIPS FOR NUDE CELEBS & OTHER PEOPLE

Whether it's a generous overseas prince, an unexpected "I love you" email from a friend or a "banking error" that results in a refund, the surest sign something is spam is a nice person on the Internet.

There is no such person.

Message boards, news sites, comments sections and Twitter have taught us there is no "nice" online: only the malevolent and the stupid.

Olga from Russia does not want to date you and other men over 30. You are not the illegal-download site's 100,000th visitor, with or without a balloon gif. And, okay, maybe your parents sent you an email saying they love you, but it sounds suspicious to me.

Each week there's some new security breach caused by bots on your computer or hackers in the Cloud or some damned thing.

People scramble to see hacked nude photos of celebrities they've already seen naked in the movies. CNN explains



HE SAYS
John Mazerolle
metronews.ca

some new virus that sounds like an indie band (StormWorm!). A newspaper columnist comes THIS CLOSE to giving his info to a TD Bank phishing scam until he remembers, "Hey, this seems awfully 'nice' of them."

Fortunately, my cynicism once again saved me from my useless trust in humankind. But what if you're a better person than me? How do you keep safe online? So glad you asked.

How to keep safe online

- Go against expectations by making your password "password." Hackers will be trying to find a more complicated password, and it

will be right under their noses! The fools!

- Conversely, mix it up with Password1. The combination of text, caps and numbers will leave them baffled.

- Remember you should never share personal information over the Internet, email, regular mail, cellphones, land-

lines, smoke signals, Morse code, by pheromone or in person.

- If looking at nudes in public, cup your hands around the edges of the screen.

- Leave so-called "Captain Kirk" code on your computer to fool any bots into a logical paradox. e.g.: "Everything this code says is a lie. This code is lying." Please note that your computer will smoke and spark for a while before shutting itself down.

- Ever notice how all security breach stories involve PCs or Macs? Tandy 1000, my friends. Tandy 1000.

- "Clean" your computer after every use by tossing it in soapy water.

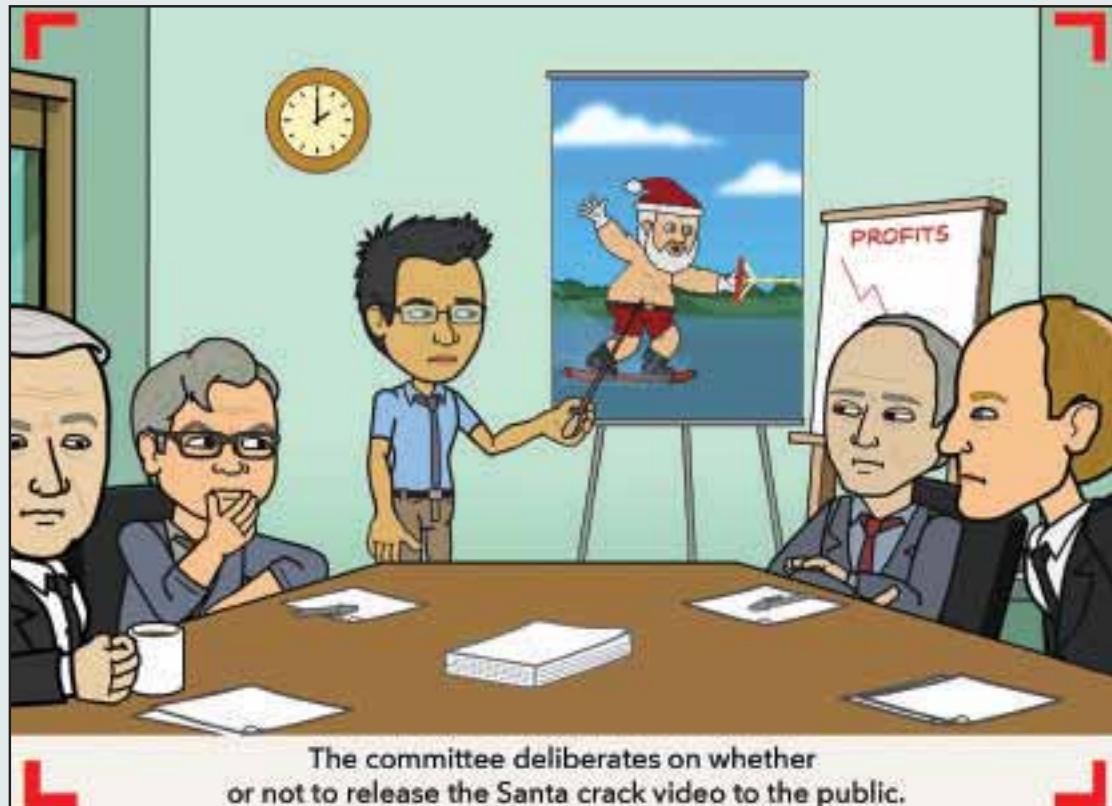
- Keep your nudes in a folder marked Gideon Bible/Fi- nances/History of New Brunswick and your personal information tucked away in the Apple Terms and Conditions agreement where nobody will read it.

- Maybe don't trust your personal information to a computer storage system named after a natural phenom- enon known for its impermanence and permeability. Just a thought.

Metro Bitstrips caption contest



Today's winner:
Andrew Wong



Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene, page 15 in Life and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



Older, wiser and ready to rock like they've never been gone

The smalls. The band, which split in 2001, has reunited for its (Slight Return) Reunion Tour



BACKSTAGE
PASS
Jared Story
winnipeg@metronews.ca

The smalls are here for a good time, not a long time.

The Edmonton hard-rock band is back for the (Slight Return) Reunion Tour, which kicks off in Toronto this Saturday and will land in Winnipeg on Oct. 23.

Vocalist Mike Caldwell, guitarist Dug Bevans, bassist Corb Lund and drummer Terry Johnson reunited for the X-Fest (Calgary) and Sonic Boom (Edmonton) festivals in late August — their first shows together in 13 years.

"We sort of drifted apart," says Lund of the band's split in 2001. He has since earned critical acclaim with his country band Corb Lund and the Hurtin' Albertans.

"We got along and everything, but we spent a lot of time together in our 11 years, living in the same house and in vans, and rehearsing in dingy basements for hours and hours.

"I think we thought it'd be a good idea to take a break from one other. Now, it's cool because a lot of the tensions you have when you're in a band and in your 20s, they're gone. It's just fun hanging out with those guys again."



Reformed Alberta hard-rock band the smalls is bringing its (Slight Return) Reunion Tour to Winnipeg. CONTRIBUTED

If you go...

- The smalls play the West End Cultural Centre Oct. 23. Tickets are \$25 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster, or \$30 at the door. Showtime is 8 p.m.

Formed in 1989, the band members met each other while attending Grant MacEwan College in Edmonton — each originally hailing from small towns in Alberta.

Lund says that rural upbringing had a lot to do with shaping the band's unique sound, which in addition to hard rock and metal included punk, jazz and country influences.

"We grew up in small towns, so we were isolated and we weren't part of the city indie scene as we were developing," he says.

"Our influences are a weird smattering of the metal of the day, Judas Priest and such, mixed with the odd bit of punk, and the punk we were into was '70s punk because that was the stuff we'd see on TV shows. We weren't exposed to the punk of the late '80s until later on. We just had a Petri dish of influences."

"Plus, some of us, especially Mike and I, were steeped in country stuff, too, because we came from that background."

Lund says the shift from country music singer to headbanging bassist is a bit like musical whiplash, but adds there's less pressure.

"I can just stand back and rock out with the drummer."

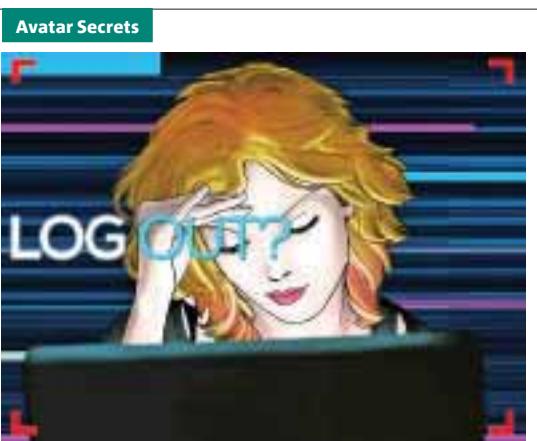
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Episode 3: Camaraderie

High on the adrenalin of finishing her first quest and levelling up, Ramona pushes deeper into the game, but quickly comes to see that she can't keep going on her own. "You see this enormous tsunami of loneliness. It's like a chant," says Dr. Sue Johnson, psychologist and author of *Love Sense*. Scan this photo for a video of Johnson discussing our need to connect with others.

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Javier Bardem. Actor on board for Pirates project



Javier Bardem AFP FILE PHOTO

The Spanish actor is in talks to play Captain Brand, a ghost determined to take revenge on Jack Sparrow for the death of his brother, according to *The Wrap*.

Though earlier reports suggested Christoph Waltz might play the primary villain in the fifth *Pirates of the Caribbean* movie, Javier Bardem has ultimately landed the offer.

Opposite the Spanish actor, Johnny Depp is expected to

return as Jack Sparrow, along with Geoffrey Rush as Captain Barbosa. The Wrap also mentions possible appearances by Orlando Bloom and Keith Richards, which remain unconfirmed for the time being.

Helmed by Joachim Rønning and Espen Sandberg (Bandidos), the Disney feature will start production in Australia in February, with a U.S. release in July 2017.

AFP

Underdogs. Foosball film voiced by Grande, Hoult

The animated comedy *Underdogs* is being readied for April release, and its English-language voice cast includes singer Ariana Grande, Nicholas Hoult of *X-Men*, Katie Holmes of *Wonder Boys* and Matthew Morrison of *Glee*.

Central to the story is Morrison's character Jake, an introverted foosball fan who is in love with Laura

(Grande) and, with her support, wins against Ace (Hoult).

Things turn bad when Ace, now a global soccer star, comes back to town, nabs Laura, and starts wrecking the place in order to build a giant sports arena.

It's up to Jake to make things right, and help comes from the plastic figures atop his foosball set.

If all this sounds familiar, it might be because *Underdogs* was first released in 2013 as *The Unbeatables*.

That version featured English-accented voice talent provided by the likes of Harry Potter star Rupert Grint, Peter Serafinowicz from *Guardians of the Galaxy* and Buffy the Vampire Slayer everpresent Anthony Head. AFP



Ariana Grande

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Pink mixes it up with folksy Green

Rose Ave. Alecia Moore says she is just being herself in You+Me, her new folk duo with Canadian singer Dallas Green

Don't call Alecia Moore Pink — at least for now.

The 35-year-old entertainer is just being herself in You+Me, her new acoustic project with Canadian singer-songwriter Dallas Green.

The duo released its debut album Tuesday.

"This has nothing to do with Pink," Moore says, sitting by Green's side at Santa Monica's Viceroy Hotel.

"Pink was my nickname as a kid, but it's become this thing that I do. If you say the name Pink, you conjure up a woman hanging from a ceiling in a piece of cloth, screaming about her husband," she laughs. "This

is just me and my friend Dallas. He doesn't call me Pink."

Moore and Green say they weren't even trying to create an album. They were just a couple of old friends having fun and making music.

"The fact that there were no expectations — I think that's what made it so freeing," she says. "I felt like I was eight years old again. I just felt like I was doing it because I loved it."

The result is Rose Ave., a collection of nine original, guitar-based duets, along with a cover of Sade's No Ordinary Love. The spare arrangements on these folksy songs spotlight Green and Moore's harmonies.

"I think I sing better when I'm singing with him," she says.

Alecia Moore and Dallas Green wrote and recorded their debut album in a week, which Green attributes to their friendship and overall comfort with each other.

"The reason we wrote so quickly," he says, "was just because it was so energizing, the experience, I think, for both of us, because it was something different."

Since 2005, Green has written and recorded as City and Colour, releasing four studio albums.

As Pink, Moore says she tends to "write to tour."

"I'm way more of a touring person now," she says. "I'm trying to create the best thing I can create so I can do the coolest thing on the stage."

She and Green would not say if they plan to tour as You+Me.

Although Pink is on a break right now (her The Truth About Love tour wrapped earlier this year), Moore promises she'll be back eventually.

"I see myself in Vegas at 60," she said, "in a tutu, hanging from the ceiling in a piece of cloth, screaming about my husband."

THE ASSOCIATED PRESS



Alecia Moore, known as Pink, and Dallas Green recorded a folk-music album as You+Me. THE ASSOCIATED PRESS

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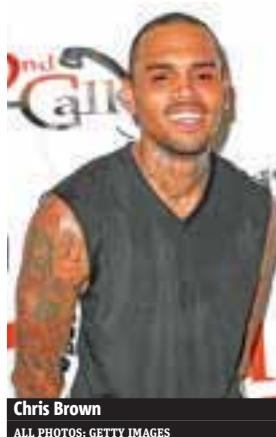
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Chris Brown holds no punches in his assessment of Ebola crisis

Oh, Chris Brown. You just can't help yourself, can you? The embattled singer decided to ruminate a bit on the current Ebola crisis, but maybe he should've just taken another BuzzFeed personality quiz or something — "Which Rihanna song are you," maybe? — because the results are, well, this: "I don't know ... But I think this Ebola epidemic is a form of population control. S— is getting crazy bruh." Indeed, bruh. He did at least follow that up with "Let me shut my black ass up!" At which point I can only assume he pummelled himself into submission.



Chris Brown
ALL PHOTOS: GETTY IMAGES

Gomez to grown-ups: 'What were you doing at 15?'

Kids can be tough enough, but Selena Gomez says she's also had to put up with grown-up haters, too. And she's had it, man. Up to here! "I get picked on by grown adults all the time," Gomez tells E! News. "It's grown-ups and I don't get it. It just baffles me. I wish I could just sit them down and say, 'What were you doing at 15? What were you doing at 18? What were you doing at 21?' Because I can guarantee you it's not half of what I've done." Maybe the "whatever, loser" tack isn't exactly the high road she seems to think it is. But apparently, it's working. "Trust me, it's hard. I've had



Selena Gomez

my moments where I've let them get to me, but I refuse to let them win," she says. Now if you'll excuse me, I have to go think about what I was doing at 15. And it ain't pretty.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Harry's party 'style' has pals concerned



NED EHRBAR

Metro World News in Hollywood

Guys? Harry Styles' friends are worried about him. And with good reason. Styles was recently photographed in the natural habitat of a 20-year-old celebrity on a break from his pop group's arena tour: puking his guts out on the side of an L.A. freeway the morning after a night out

with Lily Allen. You know, that old story. Well, while he's been getting sick his friends have been worried sick.

"He has been worrying everyone for quite some time now," a source tells Radar Online.

"Those close to him have urged him to slow down. But he lives by the seam of his pants and thinks that he is invincible. Clearly, he is not."

I'm not familiar with what living by the "seam" of your pants is, exactly, but hey, language is a fluid beast. Boot and rally, Harry. Boot and rally.



@ABFalecbaldwin
An election is just weeks away. What better time to, once again, critique the lack of common sense and fairness in most US govt policy?



@kirstiealley
Oh damn...new cell phone with new Twitter app and no idea how to USE THE BLOCK Feature.



@Miles_Teller
When I buy my first house my shower head will have multiple settings.



Stephen Collins

Art imitating life? 7th Heaven star's latest role was a pedophile priest

This is probably not the kind of attention the filmmakers were hoping for: It turns out embattled former 7th Heaven star Stephen Collins' most recent role was in *Penance*, a short

film just hitting the festival circuit, playing ... a pedophile priest. Yikes. The film screened at the Catalina Film Festival near L.A. last month, just days before the release of a tape of Collins confessing to past incidents of molesting multiple young girls.

But on the bright side, it's not often a short film gets this kind of attention, so ... yay?

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Bang bang there goes my hair!

To chop or not to chop?

Cropping the front of your coif is a serious commitment. Are you ready to make the cut?

KATELYN
ZBOROWSKI
life@metronews.ca

Maybe it's the pages of fringe-flaunting celebs like Emma Stone and Karlie Kloss. Maybe it's a perfectly coiffed co-worker with a killer fringe rivalled only by her vocabulary. Or maybe it's as simple as a craving for change.

Whatever the cause, the question of the moment is clear: Should you get bangs?

Sure they're stylish and add a level of fierceness to your persona that you didn't even realize you were missing. But bangs can turn into a full-time job. They call for extra styling time in the morning, a level of round brush expertise to which many merely aspire and several months of growth should you ever decide to ditch them.

Sylvie Prud'Homme, co-owner, stylist and proud fringe flaunter at The Loft Toronto, is no stranger to the subject.

Her advice to anyone considering bangs is to "make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Prud'Homme also shares that this fall it's all about the "full bang that grazes just below the eyebrow with softness at the ends". She says, "by having the ends soft in-



Do you have time for these tresses? Regular maintenance of this new do will mean frequent trips to the salon. iSTOCK

stead of blunt, it allows for you to wear them down or swept to the side."

Who knew bangs could be so versatile?

La Coupe Salon and Spa in Montreal is currently experiencing a surge of clients re-

Insider tip

- Many salons offer complimentary bang trims in between regular appointments. Check to see if yours does while you pop in for a consult to find your answer to the big bang question.

questing full frontal fringes.

Stylists Melanie and Melissa credit the trend to the changing season, but also to stars who have recently debuted thick front bangs, including Taylor Swift.

Melanie and Melissa recommend assessing the health and type of your hair, as well as the condition of your scalp before making any decisions. If you have fine hair and an oily scalp, you might find your bangs look flat by the end of the day, leading to frequent washing and styling. If you don't have that kind of time (or patience) to devote to your new fringe, step away from the scissors.

Decisions at dawn

"Make sure they're right for your morning routine. Having a fringe makes blow-drying and styling a must in the morning, even if you're whipping the rest of your hair into a ponytail or topknot."

Sylvie Prud'Homme
Co-owner of The Loft

If you have thick hair and already go a day or two between washings, you're in a better position. The next

step is to consult your stylist who will help you choose the right type of bang for your face.

A square face with a small forehead, for instance, usually isn't the best match for a thick front-cut fringe. A Jennifer Aniston-inspired side swept option, however, would work perfectly.

Chad Taylor, creative director at Moods Salon in Vancouver's top advice is to "talk with your stylist to see if they'd recommend bangs for your hair texture, face shape and growth patterns," because that pesky cowlick gets a whole lot peskier with the wrong kind of bangs.

Canadian street style

Spotted in: Toronto

Name: Rachel

Age: 30

Occupation: Account director, Winkcreative

What she's wearing

Chelsea boots, J. Brand jeans, Bangles from the Massai warriors

in Kenya, Alexia Von Beck jacket, Feel the Piece shirt, Rayban sunglasses, Louis Vuitton bag.

Her inspiration

"My 96-year-old grandmother."

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Trends Report

Love the barely-there makeup look? Go online to Trends Report to learn about NUDESTIX, a Canadian cosmetics company that believes makeup should accentuate a woman's natural features and not cover them up.

• **Online.** metronews.ca/trends-report

• **Follow Irene on Twitter** @MetrolreneK and **Instagram** @kuanirene

Photo: Canadian entrepreneurs Ally and Taylor Frankel, along with their mom Jenny (not pictured), created NUDESTIX.



Fogo Island Inn: Where handcrafted meets high design

Hotel to home. Finding style inspiration from travel, this time off the coast of Newfoundland



DESIGN
CENTRE

Karl Lohnes
home@metronews.ca

Set on the northern edge of Fogo Island, N.L., is a Nordic-inspired, modern structure that seemingly disappears into the sky with its grey, fog-like colour. The Fogo Island Inn is as sensible in its design as it is thoughtfully hand-crafted.

Built just two years ago, the inn's design is not only a nod to the past, but an appreciation for a modern esthetic that strikes a balance with comfort.

From high-gloss beadboard ceilings (which reflect the northern Atlantic, making the floor-to-ceiling windows appear even larger)



Each Fogo Island Inn guest room boasts modern lines, impeccable craftsmanship and natural materials sourced on the island. From furnishings to wall hooks and quilts, handmade touches are discovered everywhere. Scan this photo with your Metro News app to watch a guided video tour with yours truly of a room at the Fogo Island Inn in Newfoundland. CONTRIBUTED



The Fogo Island Inn features 29 guest rooms and was designed by Canadian born, Norway-residing architect Todd Saunders. CONTRIBUTED

the locally handmade quilts, crocheted mats and furnishings (all of which can be purchased or ordered from the front desk), there are details any design enthusiast will take home to inspire their next decor project. Art does not hang on the walls of Fogo

Island Inn. Instead, practical furnishings and accessories become sculptural interests throughout.

Want the handcrafted look for your own space? Here are a few decor accessories that are currently available in the marketplace.



Easy-to-apply real wood veneer strips create a casual chic focal wall. \$500, EuroCorkWallDesign.com.



Snuggle up to a handmade quilt. They will become heirloom art for the bedroom. Make It Patchwork Quilt, \$349, UrbanOutfitters.com.



Mixed materials of cloth, rope and wood offer a thoughtful handcrafted look. Magical Thinking Cloth Wall Pouch, \$40, UrbanOutfitters.com.

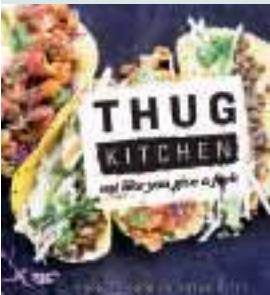


A coat of black paint instantly gives something a personal touch. Ryssby Black Nightstand, \$129, Ikea.com.

One bad mother shut-yo-mouth sandwich

Cookbook of the Week

Rebel with a cause



Thug Kitchen, a wildly popular blog, brings its bada—, keepin' it all the way real approach to a book that showcases more than 100 recipes. By taking the pretentious attitude out of healthy eats, it offers realistic advice about everything from techniques to shopping on a budget. Among the recipes are: Baked Spanish Rice, Grilled Eggplant Soba Noodles, Maple Berry Grits, Strawberry Shortcake and more. **METRO**

Black Bean Tortas with Coconut Chipotle Mayo

This sh— is so real you won't even miss that slab of beef

"A Torta is a bada— sandwich with the soul of a burrito," writes the Thug Kitchen crew, an L.A. based duo behind the blog of the same name. "Make this mother— stat and see what your narrow sandwich world has been missing."

1. Throw all those mayo ingredients in your blender or food processor and run that mother— on high for about a minute so everything is good and mixed. Taste and see if you want more hot sauce. Pour this all in a cup or bowl and store it in the fridge until you need it. It will thicken in there, just f— ing be patient.

2. Next, make the beans. Heat the oil in a large soup pot over medium heat. Throw in the onion and sauté it until it starts to look golden brown, about 5 minutes. Add the garlic, chili

Ingredients

Coconut Chipotle Mayo

- 1 cup canned coconut milk
- 1/3 cup of your favourite chipotle hot sauce
- 1/4 cup olive oil
- 1 tbsp ground chia seeds (Yeah, chia seeds, like the f— chia pet. They are rich in omega-3s and full of fibre. If you can't find them, flaxseeds are an OK sub)
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Pinch of salt

Creamy Black Beans

- 1 tsp oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tbsp chili powder
- 3/4 tsp ground cumin
- 3 cups cooked black beans
- 1 1/2 cups vegetable broth
- Juice of 1 lime
- Salt to taste

Torta Trimmings

- 4 crusty rolls, split and toasted
- Lettuce
- Sliced tomatoes, red onion and avocado

powder, and cumin and cook for another 30 seconds. Add the beans and broth and stir



This recipe serves four. COPYRIGHT THUG KITCHEN

the heat and make a torta.

3. Grab a toasted roll and smear with a bunch of the coconut chipotle mayo. Pile a f—ton of the beans on the bottom half. In between, add whatevtheff— you want. Lettuce, tomatoes, red onion, and some avocado are some time-

tested choices, but be creative and sh—. Serve right away with some extra hot sauce.

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This recipe serves four people as a side dish. COPYRIGHT THUG KITCHEN

Creamy Peanut Slaw

1. Peanut dressing: Mix the peanut butter and warm water together in a medium glass until it's creamy. Add the rest of the dressing ingredients to the sauce and mix that son of

a b— well.

2. In bowl, combine all the slaw veggies. Pour the dressing over them and toss it all around until everything is coated.

Ingredients

Peanut Dressing

- 3 tbsp peanut butter
- 2 tbsp warm water
- 3 tbsp rice vinegar
- 2 tbsp lime juice
- 1 tbsp minced fresh ginger
- 1/2 tsp Sriracha

- 1/2 tsp soy sauce or tamari
- Slaw
- 3 cups each thinly sliced red and green cabbage
- 1 carrot, cut into thin matchsticks
- 1/3 cup thinly sliced green onions

For your phone

Great Global Chefs (iPad; free)

Can you reproduce these stunning creations? Chefs from around the world share their impressive creativity in this recipe collection that doesn't look easy, but sure is a joy to explore.



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2015 Women's World Cup

CSA staying put on artificial surface

The Canadian Soccer Association is sticking to its guns on the issue of artificial turf at the 2015 Women's World Cup.

In a conference call Wednesday, the CSA said it plans to play the tournament on a "fantastic" FIFA-approved surface.

But it refused to say what surface it might attach to a possible men's World Cup hosting bid.

"We have put up our hand seeking that we would intend to look at the process of putting a bid forward. It's very early days in that process," said Victor Montagliani, president of the CSA. "We don't even know what the parameters or the scope of that bid would need to look like from FIFA because they haven't even sent out anything along those lines to any of the member associations."

The argument that there is a double standard for men and women when it comes to the World Cup playing surfaces is central to a complaint currently before the Human Rights Tribunal of Ontario.

A group of elite women's players contends that having the men play their showcase tournament on real grass and the women on artificial turf is discriminatory.

Montagliani said the budget for the tournament is \$90 million. Lawyers for the women say their plan for temporary grass surfaces at stadiums in Vancouver, Edmonton, Winnipeg, Ottawa, Montreal and Moncton would cost \$2 million to \$3 million at most.

THE CANADIAN PRESS

October blessed: K.C. captures ALCS crown

MLB post-season.

Royals carried into World Series by magical playoff momentum

Crown these Royals the American League champions.

After nearly three decades spent trying to return to the playoffs, Kansas City is taking its perfect post-season ride all the way to the World Series.

With more dominant defence, an opportunistic offence that plated two runs in the first inning, and a bullpen that shut down the Baltimore Orioles once again, Greg Holland and the wild-card Royals wrapped up a sweep of the AL Championship Series with a 2-1 victory on Wednesday.

Next stop: The Royals' first Fall Classic since 1985. They'll face the winner of the NLCS between the Giants and Cardinals.

"It's been an amazing run. This is great," said left-fielder Alex Gordon, who made another jarring catch in Game 4. "We've been playing pretty good baseball. It's nothing better than when you win. Today, same old story: Good pitching, good defence and scratch out a win."

After holding the Orioles to three hits in Game 3 on Tuesday night, Jason Vargas and the Royals bullpen nearly turned the trick again. Kelvin Herrera and Wade Davis ushered the game to Holland, who matched Dennis Eckersley's record by saving his fourth game of the best-of-seven series.

After Holland got J.J. Hardy to ground out to third base for



Speedster Jarrod Dyson puts the ALCS trophy on home plate after the Royals' win over the Baltimore Orioles in Game 4 on Wednesday evening in Kansas City, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Game 4

2

Royals

1

Orioles

- Go to metronews.ca for coverage from Game 4 of the NLCS on Wednesday night in San Francisco.

Cain raises game

"It's an amazing feeling. Unbelievable feeling. I've enjoyed every moment of it."

ALCS MVP Lorenzo Cain. Along with making a series of splendid defensive plays, Cain batted .533 in the series and scored five runs. He had eight hits, matching the franchise record for an ALCS set by Willie Wilson in 1985 against Toronto.



the final out, the Royals spilled onto the infield in a wild celebration. Fireworks shot over the crown-shaped scoreboard in centre field, and a blue-clad sellout crowd that included

Royals great George Brett let out a roar.

Kansas City will host the first two World Series games beginning Tuesday.

THE ASSOCIATED PRESS

Grigsby allowed to look for gig elsewhere



Nic Grigsby said his farewells on Twitter: "To all my fans I love all the support and they backed me into a corner! That I had know (sic) other choice! Only they can answer that!" TOM SZCZERBOWSKI/GETTY IMAGES

The Winnipeg Blue Bombers lost their leading rusher Wednesday.

Nic Grigsby sought and received his release over a decision to make him take a backup role for a second straight week.

It's just one more blow for the slumping Blue Bombers (6-9), who started the season on a winning streak but now find themselves with only a slim chance of making the playoffs.

They have three games left, two against the league-leading Calgary Stampeders (12-2), starting this Friday in Win-

Cotton's chance

31

Mike O'Shea tried to spark the Bombers' faltering offence last week by giving Paris Cotton the start instead of Nic Grigsby. Cotton had eight carries for 31 yards in a 41-9 loss to Edmonton.

nipeg. Their remaining home game after that is set for Oct. 25 against the B.C. Lions (8-7), now four points ahead of the Bombers in the CFL West race for a crossover playoff spot.

The Bombers announced Grigsby's release in a one-sentence statement Wednesday.

"I brought him into the office to explain what his role was going to be this week and he asked to be released," Bombers coach Mike O'Shea said later.

The team agreed to the release and O'Shea wouldn't say why a trade wasn't considered.

Grigsby leads the CFL with nine TDs and is fourth overall with 744 rushing yards, but he sat out last week's 41-9 loss to Edmonton. THE CANADIAN PRESS

4
SPORTS



What could be so funny at over seven feet of altitude?

Former elite NBA giant centre Yao Ming, right, at seven feet six inches, towers over the legendary Shaquille O'Neal at "just" seven-foot-one, in Beijing on Wednesday. The two shared a laugh as the Sacramento Kings took on the Brooklyn Nets in the second of two exhibition games between the two teams in China before the start of the 2014-15 NBA season. The Nets' Mirza Teletovic scored 22 points to lead New York to a 129-117 overtime pre-season victory over the Kings, as Brooklyn swept L.A. in the Chinese tour with two victories. LINTAO ZHANG/GETTY IMAGES



Before Connor McDavid gets the opportunity to take the ice at Bell Centre or Air Canada Centre, his stage is Erie Insurance Arena. FRANK GIANNI/THE CANADIAN PRESS

Connor McDavid. Erie Otters' teenage star OK with 'crazy' expectations

Here, in this working-class town of 100,000 in northwestern Pennsylvania, a star is being born.

One day, Connor McDavid will take the ice at the Bell Centre and Madison Square Garden. But for now, he's happy to call Erie home.

"I love it here," said McDavid. "It's great. I'm sure you've only seen the downtown part of Erie and it's not particularly nice, but where we all live, it's beautiful. It's a great area."

At least a two-hour drive from Ontario and far even from such OHL hot beds as Kitchener or London, McDavid is just far enough away to keep the spotlight from blinding him.

"There's less media, there's less outside attention, and as a player who's focused on the team and developing himself, I think that's a huge benefit for him to be here," said Jay McKee, the Erie Otters assistant coach and former NHL defenceman.

No matter where he plays, the 17-year-old McDavid attracts attention. He's being touted as "the next one" and is the front-runner to go first overall in the 2015 NHL draft as a once-in-a-generation talent.

Experiencing a lifetime of

hockey hype before turning 18 has prepared McDavid for every bit of what he's facing in his draft year. He's conditioned to deflect the attention rather than absorb it.

"It's all right," McDavid said during a recent pre-practice interview.

Dominating hockey is still fun for McDavid. But being unquestionably the best player in junior hockey and the presumptive No. 1 pick sometimes comes at the cost of what he called "crazy and unreachable" expectations.

"Sometimes that can be a little bit stressful and annoying," McDavid said.

McDavid, who was born in Richmond Hill, Ont., and grew up in nearby Newmarket, put up seven goals and 11 assists in his first six games this season, leading the Otters to a 6-0 start. At that three-point-a-game pace, he'd enter or surpass the territory of what Sidney Crosby did with Rimouski Oceanic of the Quebec Major Junior Hockey League at the same age.

"Usually one or two times a game you see something that you just didn't expect," Otters coach Kris Knoblauch said.

THE CANADIAN PRESS

Jets look to avoid new low in New England

NFL. With Pats back on track, struggling New York travels to Foxborough hoping to remain relevant to playoff picture

The New England Patriots turned their season around in plenty of time.

It's probably too late for the New York Jets, especially if they drop their sixth straight game when they visit the heavily favoured Patriots on Thursday night.

"We're desperate, to say the least," Jets coach Rex Ryan said.

The Patriots (4-2) quickly recovered from their low point, a 41-14 loss to the Kansas City Chiefs that unleashed speculation quarterback Tom Brady was slipping and coach Bill Belichick's genius was fading.

Unlike the decline of the Jets (1-5), that slide lasted just one week.

A 43-17 rout of the NFL's last unbeaten team, the Cincinnati Bengals, took care of that. And they followed it with a 37-22 road win over the Buffalo Bills.

"We'll have to keep perspective," Brady said, "not ride the highs and lows because there's a lot of them."

Ryan didn't buy into criticism of the two-time MVP.

"That was hysterical," he said. "You know what I mean? It's like, 'Yeah, really? OK.' I mean, come on."

Now if he could only brush off criticism of his own quarterback so easily.

Geno Smith is last in passer rating in the league and was replaced in the fifth game by Michael Vick, who said he wasn't prepared.

Smith started last Sunday's 31-17 loss to the Denver Broncos and Ryan is sticking with him against the Patriots.

"We have an opportunity here to kind of right the ship with our first division game," Smith said.

"There is a shot. It's defin-

itely one that's a stretch, but as long as we've got a shot, we've got an opportunity."

The first-place Patriots have a big edge over their last-place AFC East rival.

Brady has won 40 consecutive regular-season home games against AFC opponents and is 6-0 in Thursday night games.

And a New England defence that has allowed the fifth-fewest yards in the NFL goes against an offence that has gained the third fewest.

The Jets rushed for just 31 yards against Denver, but the Patriots are wary of the potential of running backs Chris Ivory and Chris Johnson.

"They're a big part of their offence," Patriots safety Devin McCourty said, not necessarily a good thing considering how the offence has struggled.

"When you have two guys like that, it makes it tough to stop the running game."

The Jets are tied for last in the NFL with a minus-9 turnover differential. The Patri-

Patriots' comeback

After a 41-14 loss to Kansas City, the Patriots turned things around over Buffalo.

Weak offence. In a stretch of 14 quarters, the Patriots scored only five offensive TDs.

Seven in eight. In the last seven quarters, the Patriots scored seven TDs.

Best game. Tom Brady had his best game against Buffalo, with 361 yards passing.

ots are tied for first at plus-9. Last Sunday, the Jets had a chance to tie with the ball deep in their territory with less than a minute left. But two plays later, Aqib Talib returned an interception for the clinching touchdown for Denver.

THE ASSOCIATED PRESS

NHL

Nashville to host the 2016 all-stars

Nashville will host the NHL all-star game for the first time in 2016, sources told The Canadian Press on Wednesday.

A formal announcement is expected to be made at a news conference Friday at Bridgestone Arena. Commissioner Gary Bettman and local politicians will be in attendance. Bettman said in April 2012 during a trip to Nashville that Music City will host an all-star game.

THE CANADIAN PRESS

NFL

Team doctors get Ebola primer

The NFL has sent a news-letter outlining the basic facts about the Ebola virus to all team doctors and trainers for distribution to players and staff.

The league said Wednesday the news-letter was written by the Duke Infection Control Outreach Network, the league's infectious disease consultants, and sent to the league's 32 teams on Monday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

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Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You trust your judgment but can you trust the judgment of people who, in your eyes, have yet to prove themselves? You may have no choice today as the planets suggest that your fate is in their hands.

♉ Taurus

April 21 - May 21

It will be clear today that you've been moving in the wrong direction, and that means you must change course right now.

♊ Gemini

May 22 - June 21

Life is good and getting better by the moment, so why are you so fearful? No doubt it has something to do with Mercury, your ruler, in one of its retrograde phases. Don't worry.

♋ Cancer

June 22 - July 23

Be more flexible when it comes to emotional relationships. With so much cosmic activity in the domestic area of your chart loved ones may be difficult to handle but will respond to gentle understanding.

♌ Leo

July 24 - Aug. 23

Your words have been misrepresented, but you don't have to kick up a fuss about it. Just explain, in plain language, what it is that has upset you.

♍ Virgo

Aug. 24 - Sept. 23

Mercury, your ruling planet, urges you to focus your energies in one direction today rather than spread yourself thin.

♎ Libra

Sept. 24 - Oct. 23

You know what you want and you know how to get it but with mind planet Mercury still moving retrograde can you be certain you have made the right call? Give it a day.

♏ Scorpio

Oct. 24 - Nov. 22

The planets will help you see through the web of deceit that people have created and by the end of the day you will have no doubt what the truth is.

♐ Sagittarius

Nov. 23 - Dec. 21

You may not be sure where an idea came from but you can and you must make good use of it. If you don't, a rival most certainly will.

♑ Capricorn

Dec. 22 - Jan. 20

It would appear that someone has been telling lies about you or putting you down. Find out who it is and who they have talked to, and make sure you put the record straight.

♒ Aquarius

Jan. 21 - Feb. 19

You know what is and is not possible and have no intention of letting daydreams lead you astray. That's good. You must deal only in facts.

♓ Pisces

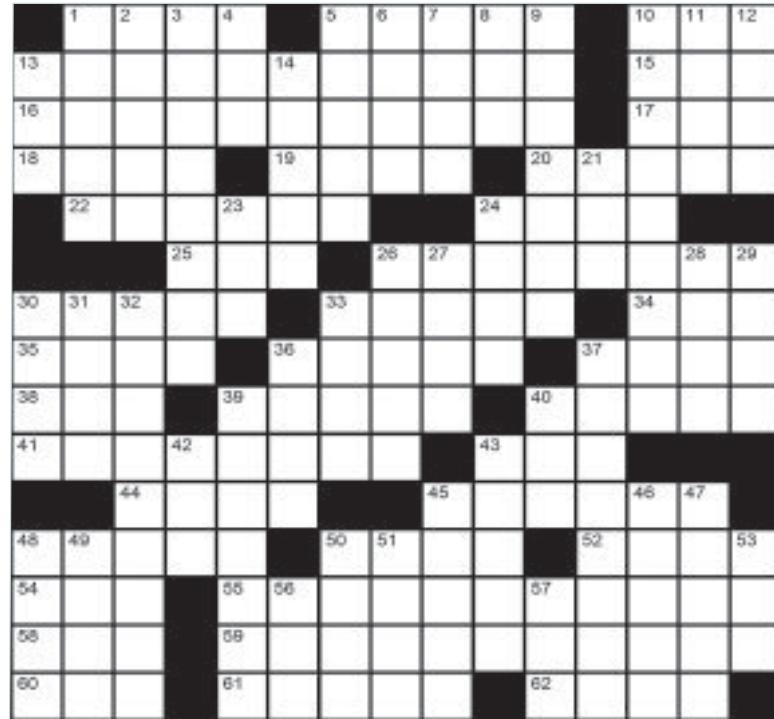
Feb. 20 - March 20

Something that has been a mystery will no longer nag at you as of today. Once the mystery has gone, the fear and worry that came with it will disappear as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Amsterdam's locale, briefly
5. NBA's Heat city
10. Extinct bird
13. 1963 The Crystals smash: 4 wds.
15. Matt __, Canuck singer/songwriter
16. Who #41-Across teaches on "How to Get Away with Murder", new on CTV: 2 wds.
17. Frostiness
18. "What's __ for me?": 2 wds.
19. Loaf
20. Bay of Fundy's are famously high
22. Whine
24. Gent's gender
25. Not 'twas
26. 1845 + Arctic + Northwest Passage = __ Expedition
30. Bedlam
33. Leave the house: 2 wds.
34. Chemistry, e.g.
35. Owen __, "Star Wars" (1977) character
36. Wounded by a bull
37. Forsaken
38. Female sheep
39. Openings-for-coins
40. Broadway awards
41. Professor __ Keating (Viola Davis' role on #16-Across)
43. Cavity
44. Defeat



45. Magic bunny's hideout: 2 wds.
48. Drive
50. Prime Minister of Israel from 1969 to 1974, Golda __ (b.1898 - d.1978)
52. Moisturizer content
54. Beatles: What

55. Magill called herself
56. The Manitoba Museum attraction, it's astronomical!
58. Unwell
59. Canadian supermodel Linda
60. Actress Ruby
61. Wallet items
62. Batches

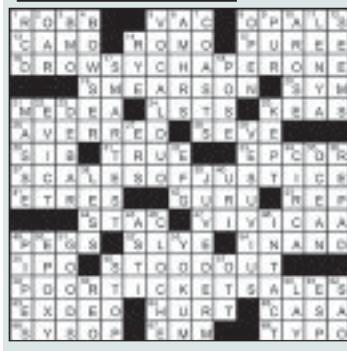
Down

1. Some flatbreads
2. Astronomer Mr. Hubble
3. Tortilla chips brand
4. Tap temperature
5. Of a method
6. "Mockingbird" by __ & Charlie Foxx
7. "Rule, Britannia"

8. Bon __ (Witticism)
9. Music-themed Canadian show of 2004 to 2008, " __ Star"
10. Canadian musician/painter/activist, __ Joe
11. Ron Howard role
12. Syl __, Hockey Hall

- of Farmer
13. Gladiator's 551
14. Regulations
21. Type
23. ' __ for Vancouver
24. Queen __ Gulf (icy resting place of HMS Erebus, the recent headlines-making ship, as per #26-Across)
26. Strength
27. Egg masses
28. Bass is Base hit: __
29. Writer Anais
30. Actress Ms. DuVall
31. Actress Goldie
32. Land in Disney's "Frozen" (2013)
33. Gunks
36. Flippant
37. Casanova
39. Drank loudly
40. Value a valet
42. " __ you serious?!"
43. Door: French
45. Modelling legend Cheryl
46. "He's making __ __": What Santa's doing in the famous carol
47. Hypes
48. Slipped
49. Scrabble piece
50. Lady's address
51. Feminizing suffix
53. Fashion label, __ Savahl
56. Nero's 56
57. Totally

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	8	9	4	7	1	8	2	5
7	6	2	5	9	3	8	4	1
1	4	5	8	6	2	7	3	9
6	3	4	7	2	5	9	1	8
5	1	6	6	3	9	2	7	4
2	9	7	1	4	8	5	3	6
4	2	1	3	8	6	5	9	7
9	5	6	2	1	7	4	8	3
8	7	3	9	5	4	1	6	2

4	6	5		
5	8	9		6
7			9	
6	4		3	1
			2	

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